



A Pioneer's Feast

Have you ever wondered what types of food the early settlers ate? Ever wanted to create your own feast just like the pioneers would have had back in the 1800's? Here is your chance! Use the following recipes to create your own feast with foods that pioneers would have eaten hundreds of years ago. Remember to always have an adult help you when using sharp objects or when using a hot stove!

Beef Jerky

- 1 flank steak (or other lean cut of meat)
- salt
- pepper
- 1 cup soy sauce
- aluminum foil

Cut the steak into strips (cut along the grain).

Pour the soy sauce into a bowl and dip the meat strips in it. Lay the strips of meat out onto a piece of foil and sprinkle with salt and pepper on both sides. Place strips on a metal rack in the oven (make sure you place foil below to catch any drippings). Bake at 150°F for 10 hours and then enjoy!

Homemade Butter

- 1 pint heavy cream
- ½ tsp. salt (optional)
- airtight container

Fill container half full with heavy cream. Cover container securely and shake until thickened. Season to taste with salt (if desired) and enjoy!

Johnny Cakes

- 1 pt. buttermilk
- 1 pt. Indian meal (corn meal)
- 1 tsp. salt
- 3 eggs
- 2 Tbsp. melted butter
- 1 tsp. soda

Beat eggs together until light. Add the buttermilk and the Indian meal and beat well. Dissolve the soda in the batter and mix thoroughly. Add remaining ingredients. Pour into shallow, greased baking pan and bake at 375°F for 30 minutes. Enjoy!

Applesauce

- 1 quart apples (peeled and cored)
- 1 cup water
- ½ cup sugar
- 1 tsp. lemon juice
- cinnamon (if desired)

Place all ingredients in saucepan and cook over medium heat until tender (about 20 minutes). Remove from heat and mash until smooth using a potato masher or an electric mixer. Refrigerate and enjoy!